

## Ashley Durham

Height 175cm / 5' 9.0"

Size EU/US 34 / 4

Bust 86cm / 34"

Waist 63cm / 25"

Hips 91cm / 36"

Shoes EU/US/UK 39 / 8 / 6

Eyes Blue

Hair Blond

Cup B



# Select

MODEL MANAGEMENT

500 Bishop St NW SUITE A-2, Atlanta, 30318, Georgia, United States  
**Phone:** (404) 872-7444 **Fax:** (404) 874-1526 **Email:** info.atlanta@selectmodel.com **Website:** <https://selectmodel.com/>

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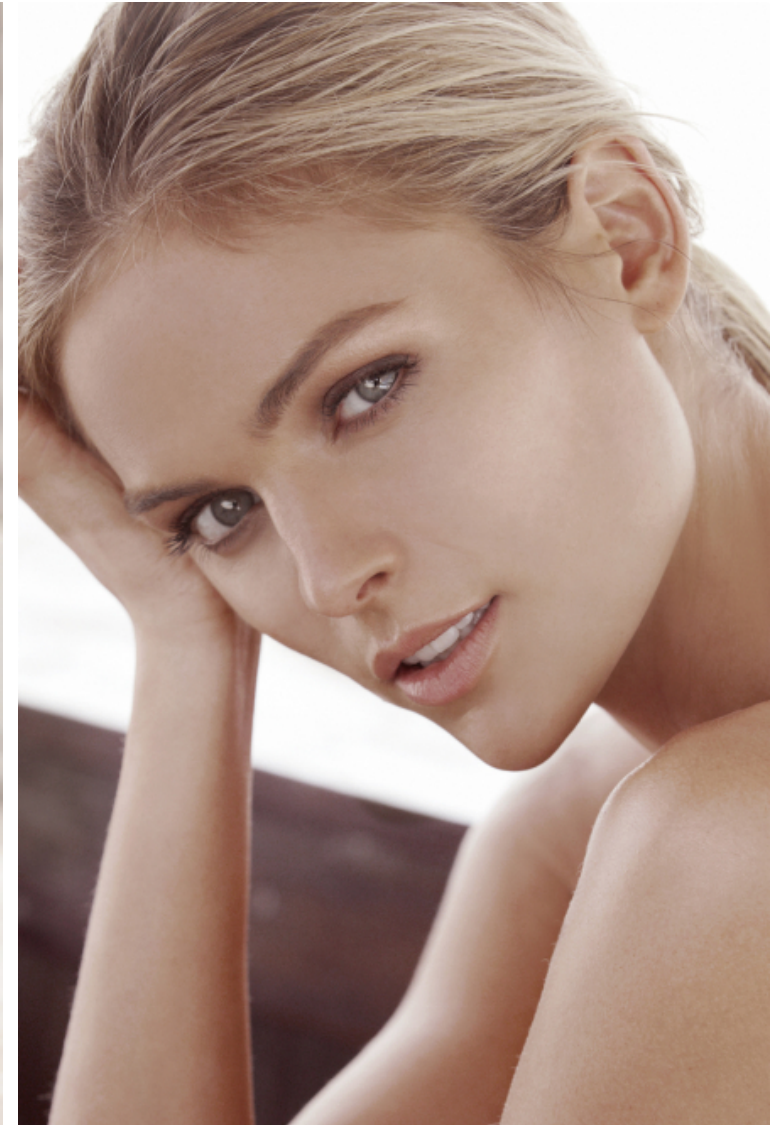
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**Body Love**

Indulge and lose bulge? Totally possible.

**1 Eggs**  
Vitamin B12 in the yolk helps your body torch fat. Plus, they are superfilling and stave off binges.

**2 Peanut Butter**  
Creamy or chunky, it's a source of magnesium, which powers cells to metabolize energy efficiently.

**3 Avocado**  
It's high in craving-quelling "good" fat and rich in L-carnitine, an amino acid that fires up your body's engine.

**4 Sirloin Burger**  
Made with 90 percent lean beef, it's like pure protein, which takes more energy to digest than fat or carbs.

**5 Cheese**  
Conjugated linoleic acid in dairy helps your body burn fat. Go with a tangy, creamy kind that satisfies your palate.

**6 Pickles**  
A medium pickle is only 7 calories—you'll burn more energy digesting this salty, crunchy veggie.

**7 Green Tea**  
It's teeming with catechins, antioxidants that studies show destroy body fat. Plus, caffeine gives your system a metabolic jump.

**8 Yogurt**  
Regular and low-fat kinds have probiotics, bacteria that may reduce the amount of fat your body absorbs.

**9 Quinoa**  
Because your body works hard digesting this protein-packed whole grain, you burn off extra calories.

**9 Foods That Melt Away Flab**

Depriving yourself in order to drop pounds sucks, not to mention that it never works. What does: Downing these satisfying superfoods that give your metabolism a kick so you actually burn fat while you eat.

By Brittany Talarico

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